



DARIEN SENIOR PROGRAMS HIGHLIGHTS & HAPPENINGS

2 RENSRAW ROAD , DARIEN, CT 06820 (203) 656-7490

OPEN MONDAY - FRIDAY 9:00 am- 3:00 pm - www.darienct.gov

THE CENTER IS CLOSED MONDAY, FEBRUARY 21ST FOR PRESIDENT'S DAY

From the Desk of Beth Paris

Dear Darien Senior Members,

If we were ever in need of more love in the world, our communities and our personal lives it would be right now! Let's focus on Valentine's Day this year to honor ALL types of love! We can include the romantic of course, but I think kindness, consideration, understanding and empathy will go a long way as we move through 2022. I also see the power of so many of your friendships helping as friendship acts as a soothing balm and a unifying force! So let's start February off with this as our mission! After all LOVE is a super power.... and I am confident as I know so many of you this mission is not impossible!

Reminder February program sign-ups for Darien Residents begin Tuesday January 18th and for Non-Resident Members Tuesday January 25th.

"For small creatures such as we the vastness is bearable only through love...",
Carl Sagan.

Go Easy! Beth



"It's Your Life...Live it Well"

"Manage Your Chronic Pain Telephone Workshop"
Southwest Connecticut Area on Aging is offering a
FREE 6-week workshop where you will learn how to better
manage your ongoing health condition!

Participants only need a telephone, no other technology! Once a week, participants call a toll-free number to connect to the group call for six weeks.

Participants will learn:

- Techniques to deal with frustration, fatigue, isolation, poor sleep.
- Gentle exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day-to-day

Materials will be sent directly to participants at no cost and include ***Living a Healthy Life with Chronic Pain***, a booklet of tips, and a relaxation CD. You'll have a one-hour group phone call once a week for six weeks. Class size is limited so register early by calling!

Wednesdays at 10:00am via phone. For more information or to register,

contact Cathy at cgrosshart@swcaa.org or 203-814-3693.

DARIEN SENIOR PROGRAMS WEEKLY CLASSES

MONDAY

9:00-10:00 Tai Chi with Ken Dolan, \$4.00 per class
 9:30-11:30 Woodshop-Drop Off Projects
 10:00-11:30 Knitting and Crocheting
 10:30-11:30 B-I-N-G-O, \$2.00 to play!
 11:30-12:30 Ballet with Elizabeth Hall, \$4.00 per class, (*starts Feb. 28th*)
 12:30-2:00 Computer Room

TUESDAY

9:30-11:30 Woodshop-Drop Off Projects
 10:00-10:45 Sittercise with Winifred Lom
 10:00-11:30 Writing Club with Elsie Ferrara
 10:00-11:30 Acrylic Painting with Nobu Miki, \$4.00 per class
 12:30-2:00 Computer Room
 1:00-2:00 Chair Dance with Claudia Devita, \$4.00 per class

WEDNESDAY

9:30-11:30 Woodshop-Consultation with Ed Drach
 9:30-10:30 Super Stretch with Frances Goulart, \$4.00 per class
 10:15-11:00 Brain Teasers with Beth Paris over [ZOOM!](#)
 11:15-12:00 Aerobics with Lisa Brehio-Robinson, \$4.00 per class
 12:30-2:00 Computer Room

THURSDAY

9:30-11:30 Woodshop-Drop Off Projects
 10:00-11:00 Italian Culture & Conversation with Joe Tarzia, \$4.00 per class
 10:30-11:15 Senior Sitting Fitness with Elizabeth Hall, \$4.00 per class,
 11:00-12:30 Mahjong Session
 11:30-12:30 Ballet with Elizabeth Hall, \$4.00 per class, (*starts Feb. 17th*)
 12:30-2:00 Computer Room
 1:00-2:00 Cardio Strengthening with Linda Lombardo, \$4.00 per class

FRIDAY

9:30-10:30 Stained Glass
 10:00-11:30 Oil Painting with Althea Erickson, \$4.00 per class
 11:15-12:00 Aerobics with Lisa Brehio-Robinson, (\$4.00 per class)

**Registration for FEBRUARY programs and events is required.
 Registration for Darien Residents starts Tuesday, JANUARY 18th
 and for Non-Resident Members sign up starts Tuesday, JANUARY 25th.
 Call to register: 203-656-7490.**

DARIEN SENIOR PROGRAMS FEBRUARY SPECIALS

<u>DAY</u>	<u>DATE</u>	<u>SPECIAL EVENT</u>
Tues	1st	Darien Garden Club—Pleasure Through Plants Grab and Go! 10:30.
Tues	1st	VNH: Blood Pressure Screening <i>by appointment</i> 10:30-11:30
Wed	2nd	VNH Presents: Aches & Pains 12:30
Thurs	3rd	Paint with Sheraton 10:30
Thurs	3rd	Bridges of Epoch Present: Alzheimer's Risk Factors, 11:00
Fri	4th	Matter of Balance, 10:30-12:30
Mon	7th	Craft Corner: 1:00
Tues	8th	Art Gottlieb: The Titanic 12:30
Wed	9th	Special Edition Brain Teasers: Year of the Tiger over ZOOM 10:30
Wed	9th	Here's Rosie in Center! 1:00
Thurs	10th	Assessing Your Risk for Heart Attack or Stroke over ZOOM , 1:00
Fri	11th	Matter of Balance 10:30-12:30
Fri	11th	Name that Love Song over ZOOM , 1:00
Mon	14th	Special Edition Valentine's BINGO 10:30
Mon	14th	A Love Affair with the Movies with Francine & Joel over ZOOM , 1:00
Tues	15th	Monthly Mindfulness & Meditation 11:00
Wed	16th	Stories from the Attic: The Valentine's Edition 12:30
Thurs	17th	VNH Blood Pressure Screening <i>by appointment</i> 12:30-1:30
Fri	18th	Matter of Balance 10:30-12:30
Mon	21st	CENTER CLOSED FOR PRESIDENT'S DAY
Mon	21st	Downsized Gourmet over ZOOM 3:00
Thurs	24th	Mark Albertson presents Edward Bernays: Engineer of Consent 10:30
Thurs	24th	Caregiver Support over ZOOM , 1:00
Fri	25th	Matter of Balance 10:20-12:30
Mon	28th	Audiology Concierge <i>by appointment</i> 11:00-2:00
Mon	28th	Conversation with a Cop 10:30

INCLEMENT WEATHER POLICY

When Darien Schools are CLOSED, Darien Senior Programs is CLOSED. When Darien Schools are DELAYED, Senior Programs will have a DELAYED opening at 11:00am.



Tune in to NEWS 12, Channel 3 or Chanel 8 for area Closings. Call the Center at 203-656-7490 for questions or concerns. We asked that you use good judgment throughout the winter season and only drive when roads are clear and passable!

Registration for FEBRUARY programs and events is required.
Registration for Darien Residents starts Tuesday, JANUARY 18th
and for Non-Resident Members sign up starts Tuesday, JANUARY 25th.
Call to register: 203-656-7490.

DARIEN SENIOR PROGRAMS FEBRUARY SPECIALS



PLEASURE THROUGH PLANTS GRAB-N-GO KIT

Tuesday, February 1, 10:30am pick up

The Garden Club of Darien is back with their amazing Pleasure through Plants Grab-N-Go Kits! Each kit will contain all the materials you need to create your one of a kind project. Kits are limited and Darien Residents receive priority.



VNH OF FAIRFIELD COUNTY BLOOD PRESSURE SCREENING

Tuesday, February 1st, 10:30am-11:30am &

Thursday, February 17th, 12:30pm-1:30pm

The Visiting Nurse and Hospice of Fairfield County, (VNH) a member of Waveny Lifecare Network, will provide monthly blood pressure and health screenings by a registered nurse. **Call 203-656-7490 to make an appointment.**



VNH PRESENTS:ACHES AND PAINS

Wednesday, February 2nd, 12:30pm

Modern medicine has made enormous strides in treating many illnesses arthritic diseases. This workshop will explore treatment as well as what lifestyle changes can make a difference in pain and mobility. Presented by the Visiting Nurse and Hospice of Fairfield County (VNH).



ACRYLIC PAINTING WITH SHERATON HOMECARE

Thursday, February 3rd, 10:30am-11:30am

No experience needed to join this paint party. Sophie Slater, Art Therapist Sheraton Homecare, will teach us step-by-step and you will have a lot of fun and your own painting to hang up or give as a gift! All materials supplied. A \$5.00 donation is suggested. Space is limited!



ALZHEIMER'S RISK FACTORS

Thursday, February 3rd, 11:00am-11:30am

Alicia Seaver, VP of Memory Care Operations from Bridges by Epoch will explain the causes and risk factors of Alzheimer's Disease and other forms of dementia. She'll discuss how age, genetics, overall health, and lifestyle factors can impact your risk. Call to sign up!



CRAFT CORNER: VALENTINE'S DAY BIRD FEEDERS

Monday, February 7th, 1:00am-2:00pm

This month's craft is for the birds, literally. We'll be making treats for our feathered friends to hang outside during these cold winter days! All materials will be supplied for this activity. Join your friends for an afternoon of creativity and fun! A \$5.00 donation is suggested. Call 203-656-7490 to sign up, space is limited!

Registration for FEBRUARY programs and events is required.
Registration for Darien Residents starts Tuesday, JANUARY 18th
and for Non-Resident Members sign up starts Tuesday, JANUARY 25th.
Call to register: 203-656-7490.

DARIEN SENIOR PROGRAMS FEBRUARY SPECIALS

ART GOTTLIEB PRESENTS: TITANIC Tuesday, February 8th, 12:30pm-1:30pm



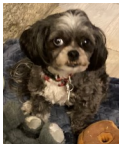
The most famous shipwreck of all time, this luxurious White Star liner foundered on its maiden voyage in the frigid North Atlantic after striking an iceberg. With a high loss of life, this memorable tragedy marked the beginning of a new era of safety measures at sea that endure to this day.

SPECIAL BRAIN TEASERS: THE YEAR OF THE TIGER Wednesday, February 9th, 10:30 over ZOOM



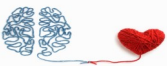
One of the best ways to stay sharp and witty is to keep exercising your brain cells. Puzzles and quizzes are a great resource and enjoyable too! *On Wednesday, February 9th, we will have a Special Brain Teasers with puzzles, quizzes, trivia, and riddles to celebrate 2022 the Year of the Tiger.* Beth will take us through activities that exercise those brain cells and pump those neurons while gaining some knowledge about this wonderful holiday!

HERE'S ROSIE IN CENTER! Wednesday, February 9th, 1:00pm



For those of you who do not know, Rosie is our favorite pet visitor to DSP! She brings Geri Genovese along and together, they offer wonderful reminiscing topics. There are so many benefits of interaction with pets – mental, emotional, and even physical. This one will surely make you smile!

ARE YOU AT RISK FOR HEART ATTACK OR STROKE? Thursday, February 10th, 1:00pm over Zoom



Sterling Healthcare presents Dr. Sarit V. Orlofsky, Phd, MSn, CNS-MS, RN, CDP. Dr. Sarit will discuss the risk factors for both heart attack or a stroke, the correlation between the two, and how best to avoid the threat of these diseases. Join us for this informative presentation on preventing heart disease and stroke over Zoom.

Call Darien Senior Programs to register and get the Zoom link at 203-656-7490.



NAME THAT LOVE SONG

Friday, February 11, 1:00pm over ZOOM



Come join Beth and Stacey as we host our second "Name that Love Song" over ZOOM in honor of the month of love. Our focus will be on the greatest love songs ever made. Listen along and have some fun. Can you do it? Join in the fun to find out! There will be a sweet treat for the winners to enjoy. **Call Darien Senior Programs to register and get the Zoom link at 203-656-7490.**



SPECIAL EDITION VALENTINE'S B-I-N-G-O! Monday, February 14th, 10:30am-11:30am



We are spicing up this week's BINGO with a special Valentine's edition with a few extra challenges for our BINGO players all in the Name of Love. Remember, you have to be in it to win it! \$2.00 to play, don't forget your dabbers, (or \$1.00 to buy).

**Registration for FEBRUARY programs and events is required.
Registration for Darien Residents starts Tuesday, JANUARY 18th
and for Non-Resident Members sign up starts Tuesday, JANUARY 25th.
Call to register: 203-656-7490.**

DARIEN SENIOR PROGRAMS FEBRUARY SPECIALS



FRANCINE & JOEL ENTERTAINMENT: A LOVE AFFAIR WITH THE MOVIES OVER ZOOM

Monday, February 14th, 1:00pm



This musical entertainment is brought to us by Francine & Joel Entertainment and features the magical, engaging and dynamic songs from many of Hollywood's most memorable productions such as "That's Entertainment", "Goldfinger", "Cabaret", "Moonstruck", "Beauty & the Beast", "Shrek", "Despicable Me" and much more all from the comfort of your own home! **Call 203-656-7490 to register and get the ZOOM**



MEDITATION & MINDFULNESS FOR STRESS MANAGEMENT & EVERYDAY LIVING

Tuesday, February 15th, 11:00am-11:45am

We all need time for ourselves and this workshop will show us how! Darien's Monica Keady, registered Yoga Teacher, will help us apply the principles and practices of Yogic Meditation, Western Psychology, Buddhist teachings, and Mindfulness Based Stress Reduction. This class is for everyone—no prior experience needed! You will leave with renewed energy and tools to practice Mindfulness at home. Call to sign up!



STORIES FROM THE ATTIC: THE ROMANCE & VALENTINE'S EDITION

Wednesday, February 16, 12:30 PM

Join Greg Van Antwerp, Urban Archeologist, on his interesting take on Romance and Valentine's History. Greg has been on the hunt for hidden history, traveling throughout CT and New York bringing to light some stories that have never been told. Don't miss this humorous and educational look at days gone by.

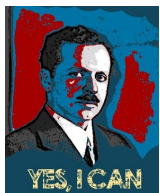


DOWNSIZED GOURMET

Monday, February 21st, 3:00pm VIA ZOOM



Join Susan and Paul Doyle of Oasis Senior Advisors. Throw open the cabinets and refrigerator, pull up a chair, and watch them work their magic creating and cooking with things you have at home. Learn how to solve the problem of how to enjoy cooking on a smaller scale by preparing easy and tasty treats from the comfort of your own home. It is sure to be entertaining! **Call 203-656-7490 to get the Zoom link.**



MARK ALBERTSON PRESENTS: EDWARD BERNAYS: ENGINEER OF CONSENT

Thursday, February 24th, 10:30am

Edward Bernays was the nephew of Sigmund Freud and a publicist for the opera star, Enrico Caruso. Bernays was hired by the Wilson Administration in 1917 to get Americans to "understand" that World War I was fought for Democracy. He was one of those early practitioners skilled on weaning the American public on buying things not because they needed them, but because they wanted them, thereby, Bernays helped to create modern consumerism. Don't miss Mark's fascinating presentation!

**Registration for FEBRUARY programs and events is required.
Registration for Darien Residents starts Tuesday, JANUARY 18th
and for Non-Resident Members sign up starts Tuesday, JANUARY 25th.
Call to register: 203-656-7490.**

DARIEN SENIOR PROGRAMS FEBRUARY SPECIALS



CAREGIVERS EDUCATIONAL SUPPORT GROUP OVER ZOOM!

Thursday, February 24th, 1:00pm-2:00pm



Led by Beth Paris, Gerontologist and Director of Darien Senior Programs, this group is open to anyone who cares for a family member or a friend with needs, especially related to cognitive impairments such as Alzheimer's, Type II Diabetes, and Dementia. This group will explore your concerns in a supportive and safe environment. Beth has over 30 years of experience helping caregivers navigate caregiving. **Call 203-656-7490 to get the Zoom link!**



AUDIOLOGY CONCIERGE: HEARING CLINIC

Monday, February 28th, 11:00-2:00

Audiology Concierge will be here for free 30 minute appointments. Appointments will be available for hearing tests, hearing aid cleaning and repair, and listening demonstrations. Spots fill up quickly! To reserve a spot please call 203-656-7490.



CONVERSATION WITH A COP!

Monday, February 28th, 10:30am

Sargent Daniel Skoumbros, Darien Police Department will be here to discuss issues and learn more about each other. No agenda or speeches, just a chance to get to know the police officers that work in your community! Join us for some conversation and To-Go Breakfast treats!



COLOR YOUR WAY TO WARM THOUGHTS

GRAB-N-GO KIT FOR FEBRAURY

Call DSP at 203-656-7490 to reserve yours!

This kit includes a set of colored pencils and several beautiful designed coloring pages to complete. Discover why adult coloring has become a new, favorite trend for adults of all ages. Not only is adult coloring a calming therapeutic activity, but it has the added benefit of relieving stress and improving motor skills. Coloring is a fun, simple activity that anyone can do! Call the Center to reserve your kit and arrange a pick up time –supplies are limited!

WANT TO PLAY CORNHOLE?

Darien Senior Programs will be organizing a Corn Hole League starting Tuesdays mornings, 10:30-12:00. Today many people play corn hole to relax and unwind. It is a game anyone can play and has many physical benefits. Our group will be fun and we'll all learn together, and possibly challenge a few neighboring Senior Centers!

Call us today to tell us you are interested! 203-656-7490.



Registration for FEBRUARY programs and events is required.
Registration for Darien Residents starts Tuesday, JANUARY 18th
and for Non-Resident Members sign up starts Tuesday, JANUARY 25th.
Call to register: 203-656-7490.

DARIEN SENIOR PROGRAMS

WOODSHOP REPAIR PROGRAM



Woodshop volunteers will repair small wooden items, chairs, drawers, tables, etc., for a recommended donation. Bring your item into the woodshop on Wednesdays, between 9:30 -11:00 a.m. and one of our volunteers/Ed Drach will discuss the cost to repair, including supplies you will need to provide. Call Darien Senior Programs for more Information at 203-656-7490.

FEBRUARY 2022 DAILY DRIVE-THROUGH LUNCH PROGRAM CONTINUES

Chef Judi is cooking up delicious and nutritious lunches daily for our Darien Members!

Directions: Drive-through the Mather Center, stay in your car, meals are brought to you!

Reservations for the following week: Call in Monday- Wednesday the week prior, between 8:30-11:30 at (203) 656-7490 to reserve your lunches.

Menus: Weekly Menus are located on our webpage: www.darienct.gov or you can give us a call.

Pick- Up: promptly at 12:00. Line-up begins at 11:45.

Cost: \$ 5.00 per meal - exact
Cash or Checks only (Checks payable to DSP Darien Senior Programs).



OUR STAFF

Director Elizabeth Paris, Gerontologist,
eparis@darienct.gov

Program Specialist, Stacey Johnson, MSW
sjohnson@darienct.gov

Chef Judi Rotar

Building Attendant Nino Vitti
Custodian Ramone Polina

MARCH 2022 SAVE THE DATES



March 1	Darien Garden Club
March 2	VNA Presents
March 3	Sheraton Painting!
March 7	Monday Craft
March 8	VNH Blood Pressure
March 8	Art Gottlieb
March 9	Here's Rosie
March 10	Richard Stillman
March 14	BINGO Special
March 15	Monthly Meditation & Mindfulness
March 16	Brain Teasers Special
March 17	Irish Step Dancers Perform
March 21	Downsized Gourmet
March 24	Mark Albertson Presents
March 24	Caregiver Support

More Programs to Come!



AARP is continuing to offer it's **Smart Driver course** online! For more information, go to their website: www.aarpdriversafety.org.

Promo code for 25% off discount: **DRIVING-SKILLS. Smart DriverTEK registrants please go to www.aarp.org/SDTEK.**

If you have any questions, call the Customer Service team at 1-800-569-1658, Monday through Friday from 8:00 AM to 5:00 PM.



Don't forget that **At Home in Darien** is available to take you to appointments, shopping, visiting and of course, to the Senior Programs. Rides are available **Monday - Thursday, 9am - 4pm**. Call **203-655-2227** to reserve your ride. A suggested donation is **\$5**.